

SPOKER

Conestoga College, Kitchener

MARCH 22, 1999

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Sanctuary garbage problem ridiculous.

Sanctuary: a garbage dump?

By Jeanette Everall

Large banner-sized posters announcing the closure of the Sanctuary greeted Conestoga College students wanting to sit in the lounge on March 11 and 12. The problem? Excessive garbage.

Executive members of the Doon Student Association (DSA) closed the lounge to send a message to students who continue to leave their mess behind that they are frustrated with the on-going garbage battle.

The decision, made at a DSA executive meeting held on March 9, is a last resort.

Gerry Cleaves, DSA vice-president of student affairs, said the DSA has done everything from putting up posters to getting up on stage and addressing the students directly.

"I've even painted the garbage

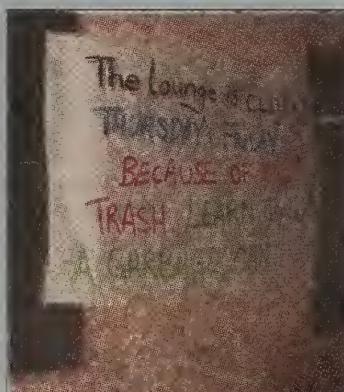
cans red and green so that they would be more attractive to look at," said Cleaves. "We've done everything humanly possible next to walking behind people with a garbage can."

The problem wouldn't be as bad if the garbage being left behind was just paper, said Cleaves, but it's not.

"People spill food and it doesn't get cleaned up. You can go into the lounge on any given day and there are fruit flies," he said. "It was getting to the point that there were ants."

In an attempt to fix the problem the DSA purchased tables and chairs for the Sanctuary so people who wanted to eat could sit at them.

The DSA hoped the new furniture would help to make the mess easier to clean up. However, the problem has persisted regardless of all the



This sign was what greeted students who wanted to use the Sanctuary on March 11 and 12.

(Photo by Jeanette Everall)

previous attempts to get people to clean up after themselves, said Cleaves.

"People are used to having someone to clean up after them," said Cleaves, who has been on the DSA executive for two years.

"Unfortunately, it is going to cost the students."

Cleaves said the DSA is currently considering hiring someone to clean up the lounge, however, the cost of the service will be paid for out of monies presently being used to provide entertainment and nooners in the lounge.

Other options which have been considered to rectify the problem include prohibiting food in the lounge.

"But then it becomes a policing issue," said Cleaves. "If (the DSA) is supposed to be on the side of the students, I don't want to be out there saying, 'Sorry, you can't eat in here.'"

Bringing in a security officer to enforce the rule is more costly than hiring someone to clean up the mess, he said.

See Lounge . . . Page 11

Nicholas surprised by computer

By Wayne Collins

Friends and colleagues gathered in the staff lounge Wednesday to see the look on Myrna Nicholas's face when she saw her new computer, but many came just to see her again.

Nicholas, a peer-services administrator and longtime Conestoga employee, is on short-term disability leave after being diagnosed with multiple sclerosis last year. Her friend Judy Hart said Myrna hadn't been told about the computer.

"Myrna had always wanted a computer," said Hart, who suggested the idea of getting a computer out to the college community in January. The response was overwhelming, she said.

Hart, however, didn't want to be singled out for her part in the fund-raising. She said many people helped because Nicholas was so widely known by students and staff because of her position at the college.

"Rodeway Suites gave us a donation as well," said Hart.

She explained that Nicholas worked closely with Rodeway Suites co-ordinating student housing before becoming



John Gilmour starts up Myrna Nicholas's new computer as friends and colleagues look on.

(Photo by Wayne Collins)

a peer co-ordinator.

Carol Gregory, a college counsellor, read a story she'd written about Nicholas's career prior to the presentation, which she called The Oracle of Myrna. Gregory jokingly referred to Nicholas as "The Wise One" several times in her story recalling the phrase, "Trust me", as one of Nicholas's favorite sayings.

Gregory said Nicholas proved she was, indeed, someone who always seemed to have the right solutions to daily problems.

Gregory struggled through tears while reading and hugged Nicholas for a long time.

While more than a dozen people gathered around Nicholas to share in the emotional moment, a bedsheet was lifted off the computer, which John Gilmour, of computer services, had set up earlier in a far corner of the room. Nicholas screamed as her hands flew to her face in shock and surprise.

"I was not expecting this at all," Nicholas said as tears streamed down her smiling face.

Nicholas said a lot of things have happened in her life, especially her Conestoga life, since 1972 when she came to the college.

"The community and the family that's been here for me, that's always been here for me, this just proves it again."

Nicholas said she showed up on Wednesday expecting just to see her friends and had no idea what they had planned.

"It's just overwhelming," said Nicholas.

Gilmour, who was instrumental in acquiring the computer system, shrugged off any credit for his efforts, as did many others, like college counsellor Barbara Kraler.

"She's a great lady," said Gilmour.

Nicholas sat at the computer for a while, surrounded by everyone.

"I'll probably have to hire a coach to get me started on it," she said, laughing.

Nicholas will use the computer at home to keep in touch with her friends and research health information on the Internet.

Hart said Nicholas will soon be going on long-term disability and she will be dearly missed by all.

Group celebrates women's day

By Eileen Diniz

The Women's Resource Group of Conestoga College held an evening of gourmet dining, women's poetry and song Tuesday, March 9 to mark International Women's Day.

Seventy women attended Women Celebrating Women held at the college's Waterloo campus.

The group made a profit of \$400 from ticket sales, which were donated, to the local women's shelter, Mary's Place.

Carol Gregory a counsellor with student services presented the money to Madeleine Poynter, a faculty member in the social services program and the president of the Kitchener YWCA board of directors. Mary's Place is operated by the Kitchener YWCA.

The duo, Women's Voices,

Nonie Crete and Donna Macaw provided the evening's entertainment.

Crete is a singer/songwriter who has been getting a lot of national attention this year. She has several CDs and has been interviewed on CBC, said Gregory.

Maeaw is a high school teacher as well as a poet and storywriter. She formerly taught at Conestoga in some of the women in non-traditional trades and academic upgrading programs.

"They do these events for the love of it," said Poynter. "Their charges are minimal and they do a number of benefit concerts to help local women's shelters."

This is the first time the Women's Resource Group has held this type of event. Poynter said a number of people have

suggested they should make it an annual event but no decisions have been made. "We received a lot of positive feedback. Women have said how much they enjoyed the evening, the meal and the entertainment.

The entertainment was funny but also meaningful, she said. The women were able to relate to the entertainment.

The Women's Resource Group raises awareness about women's issues among the students and the employees at the college. The group has brought in guest speakers including Sue Gallagher who spoke about date rape and Dan Beckett whose topic was sexism, lives and violence.

The group also co-ordinates events with the Doon Student Association for occasions, such as Eating Disorder Week.



Left to right: Donna Macaw, poetry and story writer and Nonie Crete, guitar player and songwriter at the Celebration of Women at Waterloo campus.

(Photo by Eileen Diniz)

Student in coma after winter storm accident

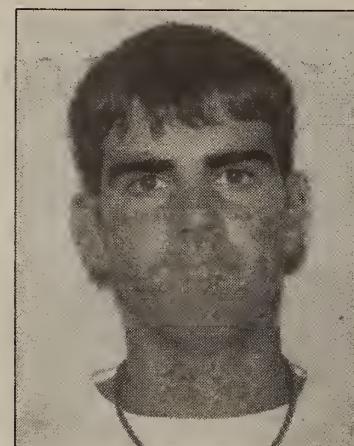
By Janet Wakutz

A winter storm on March 5 is being blamed for an accident that has left a construction-engineering student in a coma.

John Pierre (J.P.) Moons, of Forest, Ont., was a passenger in a car that skidded through an icy London, Ont., intersection and was hit broadside by another vehicle.

"His head was impacted by the post that separates the car windows," said Gord Lipke, co-ordinator of the construction-engineering program. Moons was conscious after the accident and while being loaded into the ambulance, Lipke said.

"When he got to the hospital they sedated him and some time



John Pierre Moons

after he went into a coma for several days," he said.

Lipke said Moons' father, John Moons, reports his son has been conscious off and on and he has been able to speak but it is unlikely he will be able to return to school this semester.

Moons who is in London's University Hospital is out of the intensive care unit.

"(His recovery) is going to be a long haul, we're playing it day-by-day," said his father.

The minor hockey player and avid golfer lives at Rockway Suites while attending Conestoga College.

"He is fun-loving," said Moons of his son, "maybe too much so." He described his son as a meticulous dresser. "All his girlfriends say J.P. has a million-dollar wardrobe, he's very neat for a boy," he said.

Former business student dies in Guelph car crash

By Janet Wakutz

Lisa Scott-Mooney, a 1997 business graduate of Conestoga College, has been killed in a car accident near Guelph.

Guelph OPP say the Feb. 12 accident occurred on Wellington County Road 86 north of Guelph. Road conditions were slippery at the time of the accident.

"Our investigation revealed that her car crossed into the southbound lane and was struck by another car," said Const. Dale Gear. Two occupants in the other vehicle were hurt.

Lisa's husband, Thomas Scott Mooney, who was an electronic engineering technology student, has had to leave school since the accident, to work full time to support his two children.

The couple was married in June of this year.

"We're still trying to find witnesses," said Mooney. "We know there were two to three vehicles following her and no one has come forward."

Mooney and his family are still trying to understand why his wife's car left the northbound lane and travelled into oncoming traffic. He asks that anyone who may have witnessed the accident contact the Guelph detachment of the OPP.



Lisa Scott-Mooney with her husband Thomas Scott Mooney at their June 1998 wedding.

(Contributed photo)

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Broadcasting students lend a hand at Junos

By Julie van Donkersgoed

Five broadcasting students spent part of their March break participating in the behind-the-scenes action involved in producing the 1999 Juno Awards.

The students were alerted to the volunteer opportunity while perusing the broadcasting bulletin board located on the third floor.

Originally thinking they would serve as seat fillers for the production, which was broadcast from Cops Coliseum on March 7, the students seized the opportunity and faxed their resumes to the production producer of the event.

Amanda Petch, a second-year broadcasting student, said she was pleasantly surprised with the change in her volunteer position.

"I'm so glad I sent in my resume to be a seat filler," she said. "I don't think any of us thought we would actually get to help with the show because we thought those jobs would have already been filled."

First-year broadcasting student, Erin-Lianne Cyopik, said working at the Junos was one of the best times of her life.

"I won't soon forget this," she said. "I met a lot of new people, made some contacts and got to experience what really goes on behind the scenes."

Sabrina Pierson, a second-year

broadcasting student, said although enjoyable, volunteering for the show was not a one-day commitment. The students traveled to Hamilton on March 3 for a meeting, March 4 and 6 for a rehearsal, and the day of March 7 was spent doing a dry run of the production.

Pierson went on to say that while the experience required a lot of time on the students' part, their supervisors seemed grateful for the help.

"With the CBC staff being on strike they really needed the extra help," she said. "The whole experience was really worthwhile because we actually got to assist professionals with a major production."

Another second-year student involved in the event, Kerry Cosgrove, said she was pleased with the exposure to the Canadian music industry that the Juno experience provided.

"A lot of people don't get this kind of opportunity," she said. "It was also great because we got to attend this event free instead of paying the \$200 everyone else did."

Sandra Orton, a second-year broadcasting student, said she thoroughly enjoyed the experience.

"I can't wait to do it again," she said. "I thought we made a great team with the Conestoga folks and some others thrown in."

Golf tournament

The fourth annual Classic

By Janet Wakutz

Conestoga College has set the date for its annual golf tournament.

The 4th Conestoga Golf Classic will be held Aug. 31 at Greystone golf course north of Milton.

Shari Dickson, co-ordinator of the tournament, said the event is not held locally as the college makes use of Clublink courses.

Clublink is a management group that purchases golf courses and currently owns some of Ontario's premier courses such as Glen Abbey and Herron Point where last year's classic was held.

"We use these courses because a large number of participants belong to local clubs and this gives them an opportunity to try a tougher, private course they wouldn't normally have access to," Dickson said.

The tournament honours an individual in the community who has made significant contributions while raising funds for the college. The honouree decides specifically where the proceeds go after reviewing suggestions from college staff.

"Last year, honourees Paul and

Bob Kuntz of Kuntz Electroplating wanted the funds to go to engineering technology, so that's where it went," said Dickson, an assistant in the college's development office.

This year the Conestoga Golf Classic will honour Lyle Hallman, the chief executive officer of the Hallman Group companies.

Previous honourees have been Mac Voison and Owen Lackenbauer.

About 120 golfers pay \$350 per person and receive green fees, power carts, three meals and a memento golf shirt. Golfers may participate by invitation only.

Dickson said student volunteers are needed for the classic both to load equipment on busses at the college and to provide relief for sponsors at the course.

Hole sponsors receive advertising at each hole and representatives greet players as they approach each tee. Students can be involved in chauffering representatives to and from the course and the clubhouse.

"One year a student was offered a job," Dickson added, "so it is a networking opportunity as well."



Sabrina Pierson, second-year broadcast student, takes a moment from her responsibilities at the Juno Awards to cozy up to comedian Mike Bullard.

(Photo By Julie van Donkersgoed)

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- ✿ Semi-Formal
- ✿ Awards Banquet

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Oscars are sad reflection of values

Well, the Oscars have come and gone once again.

If you're anything like me, you probably spent a good portion of your Sunday night with a couple friends criticizing or praising the clothing and mannerisms of those attending Hollywood's biggest night.

If you didn't catch the splashy

montage of skin and sex appeal, I congratulate you.

Don't get me wrong.

I do appreciate the value of entertainment in our society, but I wonder about the implications such soirees have, not only on us, but also on the impressionable youth that view this homage to all things superficial.

We do not highlight the comments of a 'politically astute' actor or presenter, but rather the dress Gwyneth Paltrow was wearing, or the fact that a certain actress has lost or gained

a couple of pounds.

Akin to the mass commercialism associated with Christmas, this event is marketed for months prior to its occurrence.

Entire magazines are devoted to the contenders and trashy tabloid news shows abound with 'insider information' surrounding the wardrobes of those in attendance.

I know that this view may not be very popular, but I feel that our society must really get its priorities into perspective.

I am aware that this evening is supposed to be magical and

glamorous, but I am also aware that too many little girls and boys are trying to emulate these unrealistic images.

As a society we need to re-evaluate the attributes that constitute prestige.

We also need to question the message we are sending young people when we highlight an evening of unrealistic ideals and ignore days of humanitarian achievement and triumph.

I am not telling anyone to stop watching the Oscars.

I will likely tune in again to next

year's extravaganza.

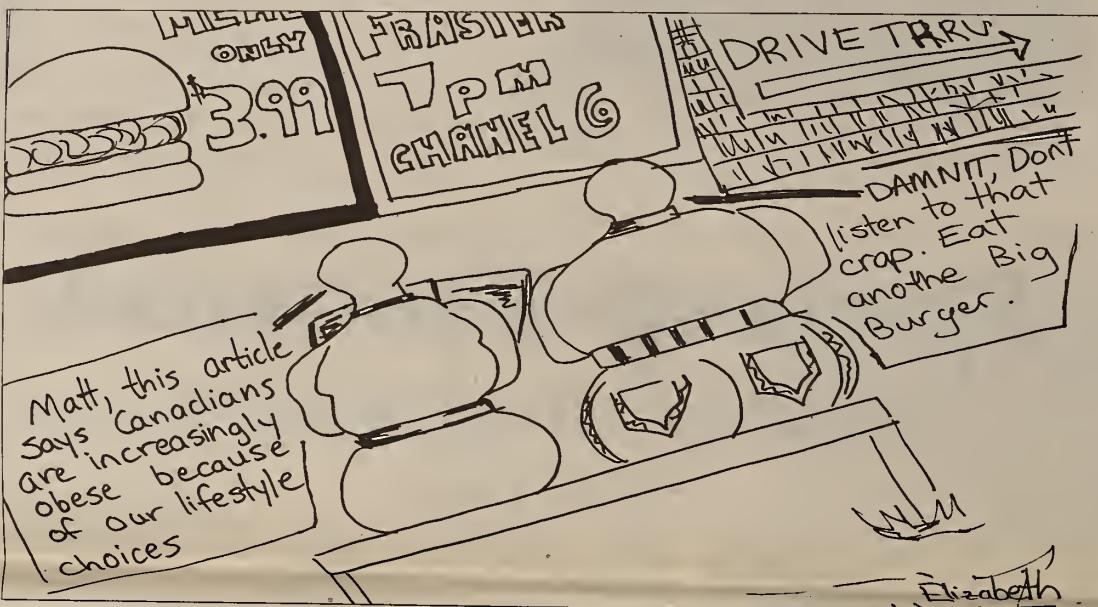
What I am saying, however, is that we must begin to acknowledge, with some degree of passion, the achievements of the not-so-glamorous professions.

Start by reconsidering the faces truly deserving of your appreciation.

Remember the doctors, teachers, nurses, counsellors, child-care providers, emergency personnel and countless others who will never have an evening devoted to what they are wearing and how much they weigh.



Julie van
Donkersgoed



NCAA basketball season concludes with March madness

March is the month for madness. Madness in the form of the National Collegiate Athletic Association (NCAA) men's basketball championships.

The championships capture the attention of basketball enthusiasts from around the world for the better part of the month.

The tournament kicked-off on March 11 and runs until March 29. There are 64 teams competing for the championship from four regions of the United States: the east, west, midwest and south.

Each team must win their games to advance.



Chuck
Kuepfer

It includes live coverage of all sessions of the tournament, through a deal CBS Sports signed with the NCAA.

The deal, originally signed in 1991, was worth \$1 billion and has since been replaced with a new \$1.725 billion agreement which extends through the 2002 championships.

Needless to say, the madness in March is a big deal.

Even the selection process to choose the 64 teams which compete in the tournament has become an annual televised event.

Known as the "selection show," 34 teams are selected to complement the 30 automatic qualifiers from each of the 64 college basketball conferences, to compose what is called the "bracket."

Last year, the Kentucky Wildcats made their third appearance in a row in the championship game, beating Utah 78-69 for their second title in three years.

This year, the Duke Blue Devils enter as the tournament's top seed, boasting an impressive 32-1 (won-lost) record.

Michigan State, Connecticut and Auburn finish out the tournament's top four seeds.

From a fan's standpoint, the NCAA finals are a dream come true. Each game is a do-or-die situation for both teams.

Each top seed is vulnerable to being ousted by an underdog, and some games will be decided at the final buzzer.

But whether Duke can finish their year having only lost once, we'll have to wait and see.

When I heard

the Sanctuary was closed on March 11 and 12 due to an on-going problem with garbage, it made me stop and think about what kind of people I must attend school with.

I may be wrong, but this problem shouldn't be occurring at the college level.

Being in the age group of 18-30, we should know how to take care of ourselves.

After all, a majority of us live on our own and have for quite some time.

Maybe if we were toddlers running around in diapers it might be acceptable.

But then again toddlers have their mommies to clean up after them.

One solution suggested is hiring staff to clean up the Sanctuary.

This fix will only take away monies from activities like nooners.

The Sanctuary is a refuge, a place to relax, and find distraction from a hectic schedule.

But when the Sanctuary is littered with old sandwich bags harbouring a foreign mossy substance and battered coffee

cups stained a mud-puddle brown, it is hard to get comfortable in the sludge.

Students get angry when the Sanctuary is closed.

"I never make the mess," students have said as they walked past the closed Sanctuary.

Fingers point in all directions. Students blame each other. Everyone else is at fault. It is all the other "dirty little piggies" in school.

Some even go so far as to blame the DSA for the disruption in Sanctuary usage.

It isn't the DSA's fault.

I am sure they don't like the fruit flies and mildew outside their office.

The DSA has done its job.

Having placed recycle bins and brightly-coloured garbage cans around near every exit, it is impossible to leave without passing some type of trash collector.

It is up to everyone to use them. How hard can it be to discard your junk?

When you are at home, you don't leave your apple cores on the sofa.

So why don't you do treat your school like you would your home.

As you probably spend more time here, it is probably to your own advantage to keep the college clean and tidy.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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How do you stay fit in the winter?



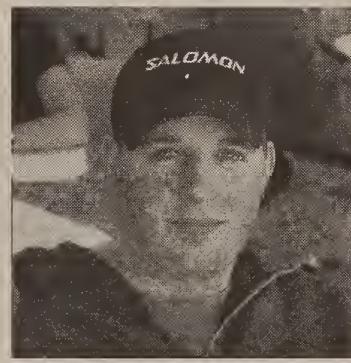
Angela Clayfield, third-semester journalism student.



Tracey Dasilva, second-year marketing student.



Dave Becker, second-year marketing student.



Jeff Brubacher, second-year marketing student.



Jessica Swijters, second-year marketing student.

By Elizabeth Sackrider

Recently, researchers at the University of British Columbia conducted a study that found almost one-third of adults are at risk for diabetes, heart disease, high blood pressure and premature death because they are overweight.

Researchers suggested being obese should be looked upon as a real health hazard and not just a fashion crime.

Obesity may seem like an older person's problem and a distant occurrence for college students, but the infamous "freshman 15" is where it all begins.

The weight gain associated with starting college can be stopped by watching what you eat and by increasing or maintaining activity.

Out of eight students surveyed in

the halls of Conestoga, a majority of students said they still manage to get regular activity even during the winter.

"I can't cycle in the winter, but I try to ski when I can," said Angela Clayfield, a third-semester journalism student.

Kristine Kendrick, a second-year early childhood education student, said she could find a way to get some exercise even when the weather is undesirable.

"I jog around the community, anywhere really," said Kendrick.

Tracey Dasilva, a second-year marketing student, takes refuge at the gym during the winter months.

"I go for half-hour walks," said Dasilva. "I go to a gym as well."

Amanda Coutts, a first-year early childhood education student, said she goes to the gym as well.

Out of eight students surveyed in

"I go to the YMCA in Guelph," said Coutts.

Jessica Swijters, a second-year marketing student, plays indoor sports during the winter.

"I play ringette," she said "It's like girl hockey with a stick and a ring."

Not everyone turns to the indoors for physical fitness during the winter, Jeff Brubacher a second-year marketing student, enjoys outdoor sports.

"I play squash and I snowboard," said Brubacher.

Dave Becker, a second-year marketing student, said he is more of a summer kind of person.

"I don't do anything in the wintertime," said Becker. "In the summer I skim-board."

Robert Murphy a first-year woodworking student also admits to being inactive during the winter months.

"There isn't that much you can do during the winter," said Murphy. "I try to walk instead of taking the bus."

Photos by
Jeanette Everall



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New CBSA executive described as 'hardworking and energetic'

By Lindsay Gibson

The Conestoga Business Student Association (CBSA) held an election at a meeting March 11 to vote in a new president and vice-president for next year's executive.

Lisa Cashmore, a second-year marketing student, was the lone candidate in the presidency race.

She spoke before fellow business students at the elections March 8 in Room 1D02 and told them she is looking forward to being president of the executive.

"I encourage people to come and talk to me," she said in her speech. "I would like that."

Two candidates ran for vice-president, second-year accounting student Alan Dickinson and second-year marketing student, Katie Henhoeffer.

Henhoeffer won the election and will be the CBSA vice-president for the 1999-2000 school year.

Teresa Bricker, a third-year marketing student, was acclaimed promotions director for next year and Trevor Topping, a second-year accounting student, was acclaimed treasurer.

Current communications director, Laurie Campbell, says the executive for next year will be a good one.



Next year's vice-president of CBSA Katie Henhoeffer, left, and president Lisa Cashmore, who were elected by business students on March 8.

(Photo by Lindsay Gibson)

"I think they're going to have an amazing executive next year they are all hardworking, energetic students."

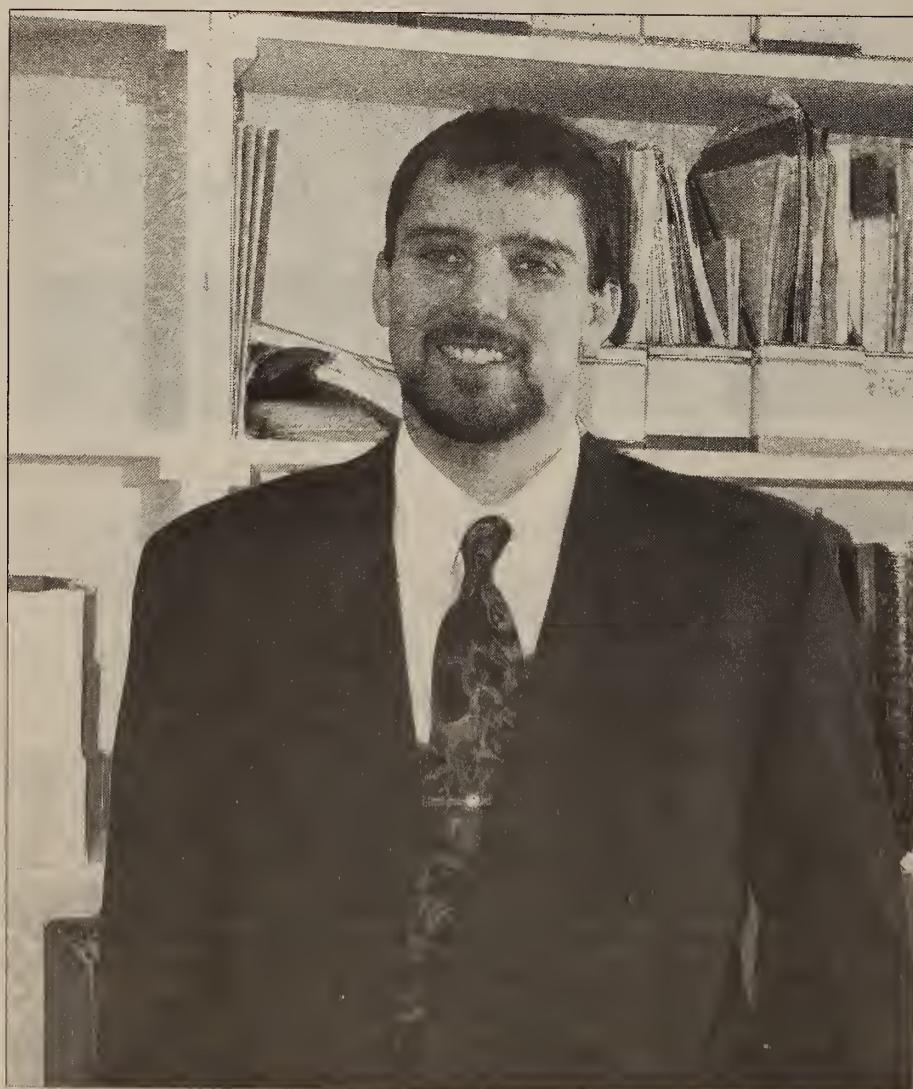
There will be another vote March 18 to elect next year's communications director.

The CBSA is also looking for candidates to become next year's computer liaison.

Also covered at the CBSA meeting was the upcoming biz bash at Sammy's Garage April 13, where there will be free admission and all drinks will be \$2. The Business Banquet will be held April 13 at the Waterloo Motor Inn. Tickets are on sale now.

Grad studies criminology

Conestoga's own Sherlock is master of investigative science



Jeff Weyers, a graduate of the LASA program at Conestoga, came to speak to LASA students March 8 about psychological and geographical profiling, which he specialized in at the University of Liverpool in England.

(Photo by Lindsay Gibson)

Student nurses take time for teaching break

By Elizabeth Sackrider

The sixth-semester nursing students took a break from their work placements to educate and to promote ideas about healthy living to elementary school students on March 10.

"It was good to talk to the kids about something we have learned," said Julie Hamburger.

Hamburger and two other students, Mandy Mahon and Becky Hill spoke about the dangers of smoking to Grade 7 and 8 students at Canadian Martyrs elementary school in Kitchener.

Another group of students went to St. Clement elementary school in St. Clements.

The class was divided into two teams for an anti-smoking game, and each team received points for the correct answer.

The questions included information on the effects of nicotine, the diseases caused by smoking and the chemicals found in cigarettes.

"We even provided a little more incentive," said Hill. "We gave out chocolate Easter eggs for the right answers."

Brent Oldham, sixth-semester student, wanted to make the event as fun as possible for the kids. Oldham took on the persona of Disco Dan, the talk-show man. Disco Dan created awareness of the importance of hand washing.

Brenda Bannon, another graduating nursing student, taught about the dangers of drugs.

She said (the age of the children must be taken into account) in order to prepare a game for the kids.

"You have to remember the variety of levels you have to teach," said Bannon.

Being out of the medical work placement environment was a good change of pace, said Leanne Cwilewicz, who along with Bannon taught about the dangers of drugs.

"It was a completely different type of nursing," she said. The event was organized by the students as part of a final project for the nursing course. Shane Grace, Moses Michaelis and Carrie-Lyn McAdams were the student leaders for the event.

says he learned a great deal. "I liked the program (LASA) but I was keen on psychology and furthering my education."

LASA co-ordinator, Don Douglas, said he wanted Weyers to speak to his first- and second-year students because he was a success story.

"His field is current and important to us and is very popular right now," said Douglas.

Douglas, who introduced Weyers as "one of his victims" said the LASA students could learn a lot from him.

"I wanted the students to get an idea of the two techniques and learn about them."

Weyers, who lives in Stratford, is considering going back to school for his PhD. "It felt weird not going to school in September," he said. "You become addicted to it."

He has applied to the OPP and is currently undergoing the applicant screening process.

Award-winning comedian visits Conestoga

By Jeanette Everall

Despite a late start and a poor quality sound system, comedian Simon B. Cotter managed to make the best of a bad situation. The award-winning comic entertained a large crowd of Conestoga College students at the March 9 nooner with jokes about relationships, marriage and sex.

With only a few side jokes to centre-out two, not-so-interested students in the back of the Sanctuary, Cotter had the majority of the students throwing back their heads in laughter.

As the 1998 Canadian Comic of the Year, Cotter will be taking part in the Craven A Just for Laughs Canadian Comedy Tour commencing March 17. The eight-city national tour features an all-star lineup of North America's top comedians.

After leaving a career in real



Simon B. Cotter visited the lounge on March 9 for the DSA nooner.

(Photo by Jeanette Everall)

estate to become a comedian, Cotter began his ascent to stardom at Yuk Yuk's. He has since appeared three times on Just for Laughs, one of the

longest-running hit prime-time series on CBC.

"You have to be invited to go," Cotter said of the Montreal show. "It's very prestigious. It's like the

Olympics of what we do." He said he was lucky to be invited three times, especially when most comics don't get the opportunity to do it at all.

Deep End of the Ocean a tear jerker

By Janet Wakutz

The film Deep End of the Ocean reaches out, grabs your heart and continues to squeeze and torture it until every last emotion is wrung from you.

From the first 15 minutes through to the last few seconds the audience is a weeping mass of sniffles, tears and soggy tissues.

Having read the book of the same name by Jacqueline Mitchard, an author and contributing editor of Parenting magazine, my fears that the drama would not live up to the book were unfounded. The movie, rated PG 13, seemed to confirm everything as my mind had pictured it while reading the book.

Due to time restraints, many

details of the book were omitted. But, the mood, emotion and vividness of Mitchard's words came to life in a powerful performance by Michelle Pfeifer, who plays a mother whose son disappears in the crowded lobby of a hotel while she is attending her class reunion.

The movie never releases its hold on the audience who feels the guilt experienced by the older brother, right to the last scene when he admits he let go of his sibling's hand just before he disappeared nine years earlier.

Pfeifer co-produced this heart-wrenching film that takes the audience into the Cappadora family's torment.

Deep End of the Ocean is a

realistic portrayal of every mother's deepest fears.

This mother came away with a renewed appreciation for her four children.

Strong supporting performances by Treat Williams, Whoopi Goldberg, Jonathan Jackson and Ryan Merriman add to the believability of this movie.

I predict this movie will receive the attention of the Academy Awards.

1 2 3 4 5



Whoopi Goldberg and Michelle Pfeifer (Beth).

(Internet Photo)

COUNSELLOR'S CORNER: Problem Gambling

Casinos, video lottery terminals, Proline, lottery tickets. The opportunities to gamble are everywhere, and for many it feels like a harmless means of entertainment. But gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more?

These are just some indications that gambling is a problem in your life. If you are worried that your level of gambling is no longer fun and you need help to stop, you can talk to a counsellor about special community programs for people with gambling problems as well as self-help groups available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

Tony Lee
THE ULTIMATE
HYPNOSIS
SHOW

YOU THOUGHT
THE 1ST
SHOW WAS
BAD!!!

Tuesday, March 23

STAGES

TICKETS

\$4 Doon Campus Students
\$5 non-students

Tickets available at the DSA Office.



Warning: Not suitable for easily offended people. Strong language & hard core humour throughout.



Health centre offers natural alternatives

By Carly Benjamin

The youth of today seem to be searching for an alternative way to heal themselves without polluting their bodies with pills.

Statistics show numerous researchers, scientists, doctors, eastern and western philosophers and spiritual believers have concluded that true healing comes from the being within.

The Stratford Optimal Health Centre, 258 Ontario St., is a healing centre which utilizes forms of complimentary healing and allows disbelievers to educate themselves through various forms of natural healing.

The staff address health issues related to physical, mental and emotional imbalances through the use of light, sound, and energy balancing, high touch acupressure,

massage therapy, meditation and relaxation therapies, addiction counseling, nutritional counseling, fitness training, panic healing, reflexology, reiki, regression therapy, therapeutic touch, and angel presentations.

Donna Karaz started the Optimal Health Centre approximately one year ago, after achieving success at her other healing centre in Harrington, Ont.

The Harrington Centre is a retreat house that offers workshops and angel readings. It has been open for nearly four years.

Karaz said she felt guided to open these centres because she felt a need to provide an environment that would be dedicated to helping individuals heal through education and complementary therapies, after her own health challenges

forced her to seek out such a place.

As a Christian, she learned the importance of angels and the spirits that she believes surround us on earth.

"I first heard the angels nearly eight years ago," she said. "I was meditating and could hear them guiding me, I have learned to trust that."

Qualified professionals often come to each of the centres to teach new methods of healing to the curious public.

"Many young adults come into the centre with a need for something different," she said. "They want to become more aware of what's out there and how it can affect them positively."

Weekly healing clinics are offered Monday at 7 p.m. at the Stratford Optimal Health Centre.

The clinics give people a chance to explore the concepts of natural healing free of charge but donations are accepted.

On Wednesday at 7 p.m., a meditation class is offered at the Stratford centre. Meditation is powerful and healing and a tremendous stress reliever, says

Karaz. Donations are also accepted at this free session.

Ongoing lectures and demonstrations to make people aware of the powerful benefits of alternative therapies by individuals in the healing arts are offered on a continual basis, free of charge, at both centres.



The Stratford Optimal Health Centre and Healing Resources is located on Ontario Street.
(Photo By Carly Benjamin)

Thanks for the caring,
the support,
the friendship,
the unforgettable memories,
and the unforgettable gift.

Thank you does not seem enough
yet, it says it all.

Myrna

PS. I will be in touch!

The Sanctuary's Garbage Crisis

In the past the DSA has put up posters asking the students to put their garbage in the cans provided. The DSA has also purchased additional garbage cans and painted them so that they stood out. This still did not get the attention of some students.

As you may be aware the DSA recently closed the lounge down for 2 days due to the continued problem. We hope that students who have not been respecting their lounge will now, to ensure that the lounge stays open.

Thank you to those students who have made an effort to put their garbage away and trying to keep your lounge clean. To the others - all we ask is for you to take the time to clean up after yourselves..

**Thank you for keeping
your lounge clean!**



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Future uncertain for Open Door school

By Wayne Collins

There's a "for sale" sign on Cambridge's Open Door secondary school at 55 Dickson St. that has students and staff concerned about the school's future.

Students who attend Open Door to complete their high school credits are worried they may have to finish elsewhere.

Keith Halley, a teacher at Open Door, says the school's lease expires in September 1999 and no one seems to know if the sale will mean moving or not. He says Open Door's students have formed a group to raise the school's profile within the Cambridge community and promote its value to the "higher-ups" who make the final decision.

"We will be holding an open house on April 8, and interested students and community representatives are invited to attend," Halley says.

Meanwhile, the "higher-ups" seem to know as little as the students and teachers.

Open Door's vice-principal Ed Laryea refused to speculate on whether the school was moving or not, indicating he might be the last to know.

Waterloo Region district school board superintendent John Hume says he knows even less about the matter.

"I don't know what's going on, or who owns the building," Hume said, suggesting the Golden Kiwi Pub, which leases part of the building, may buy or lease it. The pub's owner, however, has not confirmed this statement.

One Open Door student, Veronica Klodt, said the move is more than just rumour. Klodt, who is studying accounting at Open Door, indicates the matter has been openly discussed

among staff and students.

Klodt says students believe a move would adversely affect them.

"A lot of students there only have four or five credits and might not be able to graduate," says Klodt.

She says students also worry that one of the region's high schools might be chosen as a new address for Open Door.

"A lot of students might not be able to get there," she says, "but, also, many adults say they will be uncomfortable going to a high school."

Gill Farrugia, Open Door's counsellor since it opened in 1982, says the prospect of moving has concerned staff and students since the "for sale" sign went up a year ago.

"We may have to leave, but hopefully, the new owner will make the lease more attractive," says Farrugia.

Both Farrugia and Halley say Open Door's positive economic contribution to Downtown Cambridge must be considered by the decision-makers.

"Besides its extensive co-op program," Halley says, "(the school's presence) adds to business here."

Many Open Door students pursue further studies as co-op students at schools like Conestoga College's, says Halley.

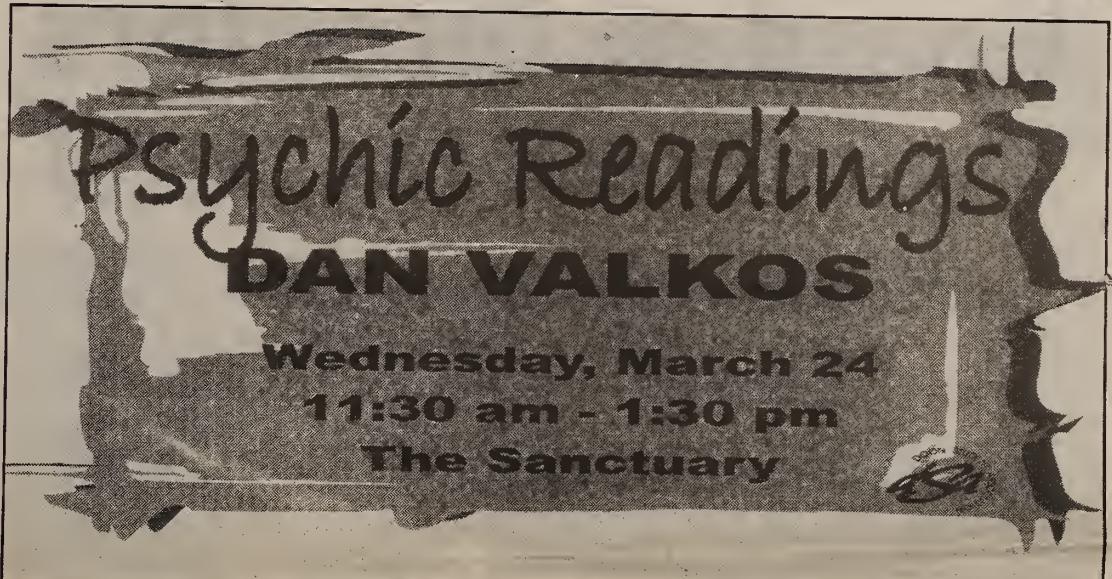
Adults over age 21, who've been out of school for at least one year, can attend Open Door. A full range of credits is offered, covering regular high school curriculum up to the Grade 12 level, in the free program, which operates from Monday to Friday.

According to one Main Street business owner, Open Door has not been singled out for sale.

"That whole block is being sold," the source says.



Open Door secondary school for adults on Dickson Street, Cambridge, has been for sale since last year. Students there have formed a group to deal with a possible move. (Photo by Wayne Collins)



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SWAP Information Session
Thursday, March 25
12:30 pm
The Sanctuary

DOON STUDENT ASSOCIATION
DSA



Lights, Camera, Action

Second-year broadcasting student Emanuel Zalevich gets some footage for a year-end project. Zalevich, who says he enjoys the program, is making a music video. (Photo by Charles Kuepfer)

Board of Directors Meeting

**Wednesday, March 24
4:30 p.m. The Other Room**

Agenda Items will include: dental plan, budget approval, election results.



Two Condors named OCCA all-stars

By Charles Kuepfer

The Ontario Colleges Athletic Association (OCAA) hosted its Annual Hockey Awards banquet on March 4, to honour this season's league all-stars.

Two Conestoga Condors, assistant captain Mike Traynor and captain Jason Snyder, were named to the league's second team all-stars.

The banquet was held at the Sheridan Four Points Hotel in Kitchener on the eve of the OCAA playoff tournament.

In attendance were 128 players, coaches and trainers from Cambrian, Conestoga, Humber and Seneca colleges.

These four colleges qualified for the OCAA tournament by finishing fourth or better in the OCCA standings.

Ian James, manager of athletics and recreation at Conestoga College, said the banquet was a success.

"It was great," James said. "It was the first time in many years that coaches were able to enjoy themselves."

James also noted that the banquet represented the college well, yet was "tastefully done" without promoting Conestoga above the other colleges.

Conestoga College president John Tibbits welcomed everyone to the banquet, using humour to draw laughter from the audience.

The president wished everybody luck and added since he's president he's obviously voting for Conestoga, recalled James.

Tom Morrow, president of the OCAA, and Charlie Rolph and Jack Hutchinson, two former Conestoga teachers who are in the college's sports hall of fame as builders, were also in attendance.

James said that Rolph and Hutchinson were heavily involved in getting the recreation centre at college.

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Condors edged by Europa 3-2

By Brian Smiley

The Europa Stars defeated Conestoga's men's varsity soccer team 3-2 on March 11 at the recreation centre, but with eight or nine players missing due to injury, Condor coach Geoff Johnstone wasn't disappointed by his team's effort.

"They played some good soccer," Johnstone said, alluding to the fact the Condors only carried two subs.

Missing two centres, one of the most important positions on any good indoor team, was a factor, but Johnstone was more displeased by the refereeing.

"The refereeing was atrocious," he said.

Earlier in the season, the same referee ejected three Conestoga players and Johnstone said the refereeing was terrible in the

game after his team's game on March 11.

In that second game the referee lost total control of the game and Johnstone was forced to step in to calm the melee, said Johnstone.

The refereeing may have been bad, but throughout most of the Condors' match they carried control of the game, overmatching their opponents the majority of the time.

Dwayne Bell and Zlatko Lakosecjak scored for the Condors, who are in a nip-and-tuck race to gain entry into the playoffs.

Johnstone said it wouldn't bother him if the team missed the playoffs.

"It would be kind of nice to get in the playoffs, but if it doesn't happen it will be good preparation," he said.

The Condors are preparing for the men's and women's Ontario Colleges Athletic Association (OCAA) indoor soccer championships on the March 18 weekend in Thunder Bay.

Johnstone says he knows there's still work left to do before the team goes on their quest for gold and he isn't leaving any stone unturned.

"The games next week (March 18 weekend) could come down to penalties," Johnstone said, referring to the fact that a tied soccer game moves on to penalty kicks if neither team can score in regulation and overtime play.

While the competition will be stiff in both the men's and women's divisions, the coach of both Condors' varsity teams said he believes that this is the

best chance for both teams to win gold in the same year.

"I want to be the first coach to hold both trophies in my hands," Johnstone said.

The women's team may seem to be a bit stronger and have a better chance to win, but Johnstone said not to count the men out of the hunt.

"You can sometimes mistake the guys' attitude, but when they get down to business, they get down to business."

Let's hope both teams know who Bill Gates is and have his type of business sense. If they do, both of Conestoga's varsity indoor soccer teams should have a good chance at gold.

Continued from Page 1

DSA closes messy lounge

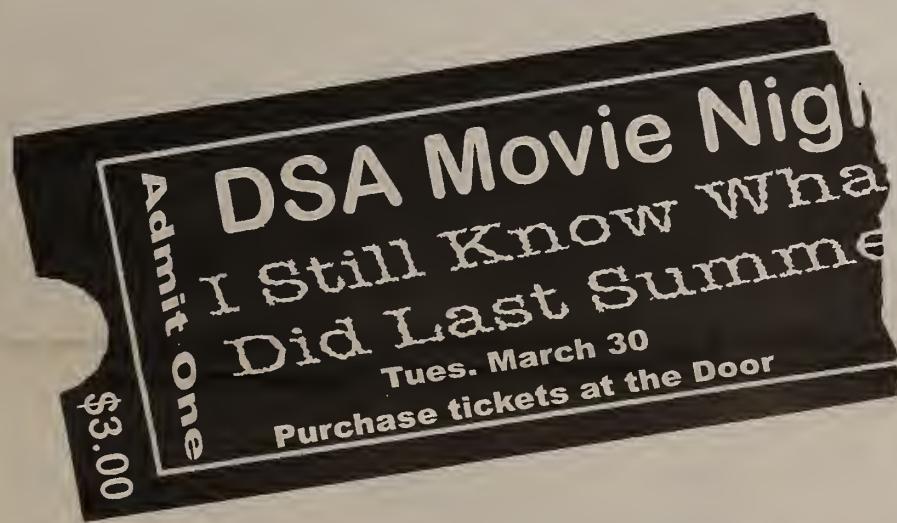
Ricky George and Jay D'Mello, both computer programming analyst students, detoured to the cafeteria when they were unable to use the lounge.

"I don't think the DSA closing the lounge for two days can fix the problem," said D'Mello.

"People are going to continue to leave their garbage."

George said maybe getting other students to police the people who leave a mess behind would help.

As for not being allowed in the lounge, he said, "It's pretty boring without it."



Get the facts, then get the vax

Hepatitis B Vaccine Clinic

Tues. March 23
10 am - 2 pm

The Other Room -The Sanctuary

For more information and to pre-register please go to the DSA Office

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